

# OVEN ROASTING GUIDE

Unitarian Universalist Fellowship of Vero Beach, FL 2000

## MEAT ROASTING GUIDE

|                                      | Weight<br>Pounds | Approx Time<br>(325 oven) | Internal<br>Temperature |
|--------------------------------------|------------------|---------------------------|-------------------------|
| BEEF                                 |                  |                           |                         |
| Standing rib roast<br>(10 inch ribs) | 4                | 1 3/4                     | 140 (rare)              |
|                                      |                  | 2                         | 160 (medium)            |
|                                      |                  | 2 1/2                     | 170 (well done)         |
|                                      | 8                | 2 1/2                     | 140 (rare)              |
|                                      |                  | 3                         | 160 (medium)            |
|                                      |                  | 4 1/2                     | 170 (well done)         |
| Rolled ribs                          | 4                | 2                         | 140 (rare)              |
|                                      |                  | 2 1/2                     | 160 (medium)            |
|                                      |                  | 3                         | 170 (well done)         |
|                                      | 6                | 3                         | 140 (rare)              |
|                                      |                  | 3 1/4                     | 160 (medium)            |
|                                      |                  | 4                         | 170 (well done)         |
| Rolled rump                          | 5                | 2 1/4                     | 140 (rare)              |
|                                      |                  | 3                         | 160 (medium)            |
|                                      |                  | 3 1/4                     | 170 (well done)         |
| Sirloin tip                          | 3                | 1 1/2                     | 140 (rare)              |
|                                      |                  | 2                         | 160 (medium)            |
|                                      |                  | 2 1/4                     | 170 (well done)         |
| LAMB                                 |                  |                           |                         |
| Leg                                  | 6                | 3                         | 175 (medium)            |
|                                      |                  | 3 1/2                     | 180 (well done)         |
|                                      | 8                | 4                         | 175 (medium)            |
|                                      |                  | 4 1/2                     | 180 (well done)         |
| VEAL                                 |                  |                           |                         |
| Leg (piece)                          | 5                | 2 1/2 to 3                | 170 (well done)         |
| Shoulder                             | 6                | 3 1/2                     | 170 (well done)         |
| Rolled shoulder                      | 3 to 5           | 3 to 3 1/2                | 170 (well done)         |

## POULTRY ROASTING GUIDE

|         | Ready To<br>Cook Weight | Oven<br>Temperature | Approx. Total<br>Roasting Time |
|---------|-------------------------|---------------------|--------------------------------|
| TURKEY  | 6 to 8                  | 325                 | 2 1/2 to 3                     |
|         | 8 to 12                 | 325                 | 3 to 3 1/2                     |
|         | 15 to 20                | 325                 | 4 to 4 1/2                     |
|         | 20 to 24                | 300                 | 5 to 6                         |
|         |                         |                     |                                |
| CHICKEN | 2 to 2 1/2              | 400                 | 1 to 1 1/2                     |
|         | 2 1/2 to 4              | 400                 | 1 1/2 to 2 1/2                 |
|         | 4 to 8                  | 325                 | 3 to 5                         |
| DUCK    | 3 to 5                  | 325                 | 2 1/2 to 3                     |

Note: Small chickens are roasted at 400 degrees so that they brown well in the short cooking time. They may also be done at 325 degrees but will take longer and will not be as brown. Increase cooking time 15 to 20 minutes for stuffed chicken and duck.